

PerfectFit: Improving Minority Health in Your Community

PerfectFit is a project that is part of INside Out Indiana, which is a joint effort between Governor Mitch Daniels' INShape Indiana health initiative and the Indiana State Department of Health's Partners Recruiting Opportunities for Minority Student Education program (PROMiSE). The aim of INside Out is to promote health awareness in your community.

Indiana students who have participated in the PROMiSE program are encouraged to sign up. Your mission for this project will be to find a unique and creative way of promoting community awareness around one of INShape Indiana's focus areas. The three major focuses of INShape Indiana are:

1. **Nutrition** – this means that people should make wise decisions about what foods they choose to make a part of their diet.
2. **Physical Activity** – it is a proven fact that regular physical activity greatly reduces the chance of dying from cardiovascular disease. Additionally, it helps control weight and contributes to the building of healthy bones and muscles.
3. **Tobacco Prevention** – research has shown that tobacco use significantly increases a person's chances of developing cancer, and it takes years off of the user's life.

- The project must address what can be done to raise awareness of the benefits of nutrition, increased physical activity, or quitting tobacco in your local community.
- A project could involve, for instance, the distribution of a nutritional flyer (you created) at a community convenience store, grocery store, or bus stop.
- You should try to address the INShape focus area that impacts your community the most. For example, if your community's residents do not have easy access to grocery stores that sell fresh fruits and vegetables, then you could try and come up with a clever or unique method for promoting the benefits of a community vegetable garden.
- All projects must meet the following requirements:
 - you must write a one page double-spaced explanation of your project which includes:
 - a. The INShape focus area(s) you addressed.
 - b. What your project did to improve minority health. Did you make a radio commercial? A video? Or create posters that promoted community health awareness?
 - c. Make sure to include your projects results, such as how many flyers were distributed? How well did it raise community awareness of a healthy diet? The benefits of exercise? Or the dangers of smoking? Was it successful? Why was it successful?
- The 9th grade student who comes up with the best project that meets the requirements will receive official recognition for their efforts during the 2007-08 school year.

For more information or project ideas visit www.INshape.in.gov and lighten up.